

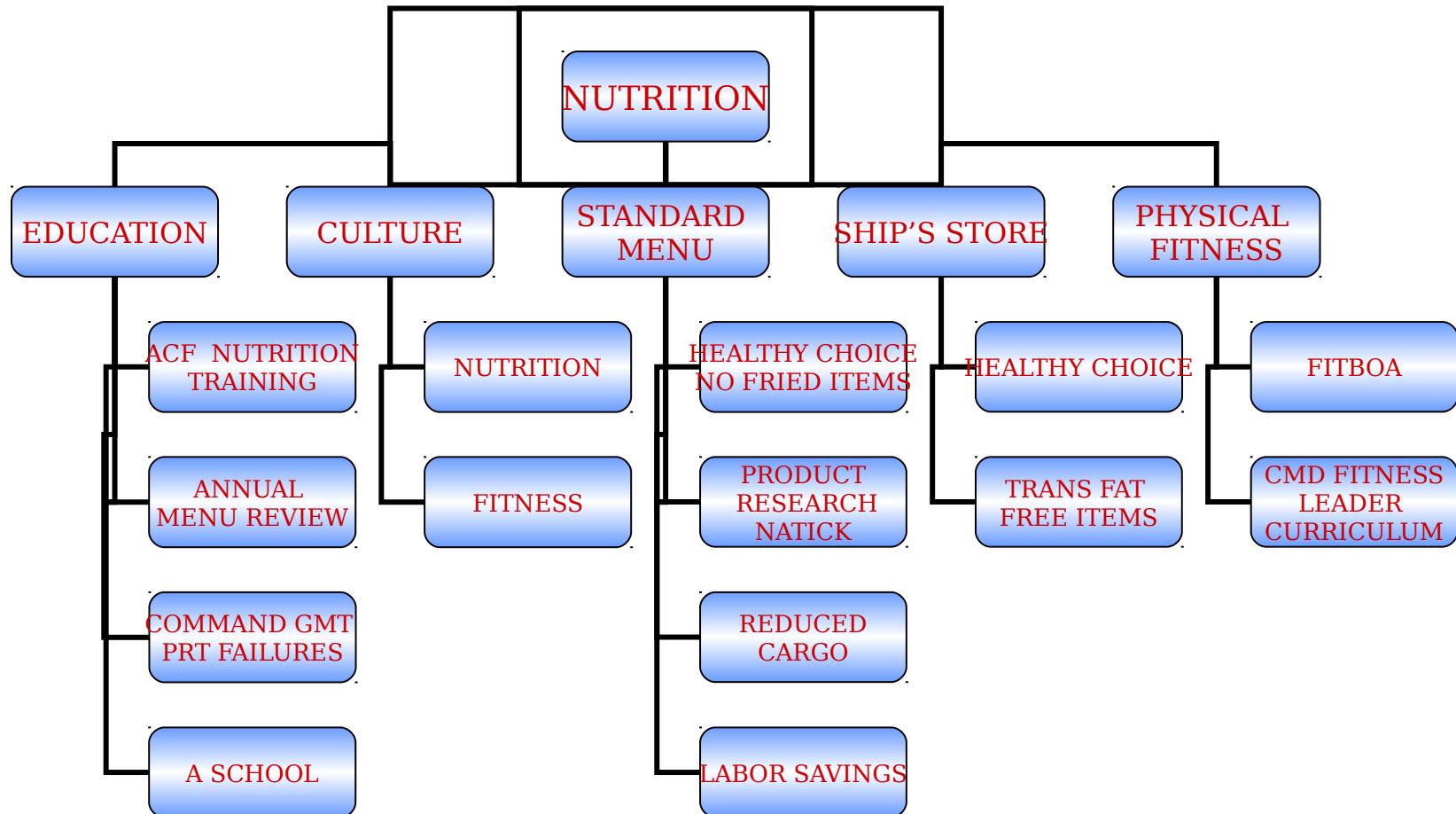


NAVSUP INITIATIVES FOR HEALTH & READINESS



**Jennifer Person, RD, LD
NAVSUP Dietitian
July 2008**

ASHORE/AFLOAT HEALTHY ENVIRONMENT



NUTRITION INITIATIVES

- **Education**
 - American Culinary Federation (ACF) training in fleet sites
 - Annual menu review per P-486 guidelines
 - General Military Training (GMT) for Fitness Enhancement Program (FEP) participants
 - NKO - Nutrition ppts w/ exams for NEY contenders
- **Navy Standard Core Menu (NSCM)**
 - Cost - BDFA
 - Logistics- Reduce cargo
 - Nutrition- Healthy non-fried choices, Product research with Natick
 - Man Power - Labor saving production and galley
 - Endurance - Freezer vs. chill vs. dry storage space
 - Waste - Plastic

NAV STANDARD CORE MENU (NSCM) HISTORY

- **Established Partnership... CFFC, NAVSUP/NFS, Natick Labs, DSCP**
 - CFFC visited NAVSUP Nov 2004
 - DODD 3235.2 dtd May 2004... Secretary of Army EA for R&E
- **Conducted Data Analysis**
 - Reviewed 160+ afloat Navy menus
 - Natick conducted industry product demos... sensory analysis
 - Recipes revised to match advanced components
 - NSCM load list created and 7330 updated
- **Applied Spiral Development Approach**
 - Laboratory testing conducted at Natick
 - Prototyped... USS NITZE (DDG 94) - V1
 - Prototyped... USS HALSEY (DDG 97) - V2
 - Version 3 available October 2006
 - Version 3.5 available October 2007
 - Version 4 under development

MENU RECIPE CONTENT BY SHIP CLASS

- **Core Menu... “the standard”**
 - Equally represents all pieces of the puzzle
 - Advanced foods... Scratch, Speed scratch
 - CG, DDG, FF, LCC, LSD, LPD
- **Submarine Menu... “traditional”**
 - More cook from scratch... less advanced foods
 - SSBN, SSN, HSV
- **LCS Menu... “achieving the right balance”**
 - Unique requirements... labor vs. storage
 - LCS, MCM, MHC
- **Carrier Menu... “greater flexibility”**
 - Part of a bigger plan
 - AIRFOR lead... NAVSUP Chef engaged
 - Increased advanced foods... multiple speed lines
 - CV, CVN, LHA, LHD, AS
- **Ashore Menu... “under development...”**

MENU ALLOWS FLEXIBILITY TO SUPPORT ENDURANCE

- **Heat & Serve, Speed Scratch and Scratch Cooking principles**



Frozen Heat &
Serve

\$33



Prepared
Mixes

\$14



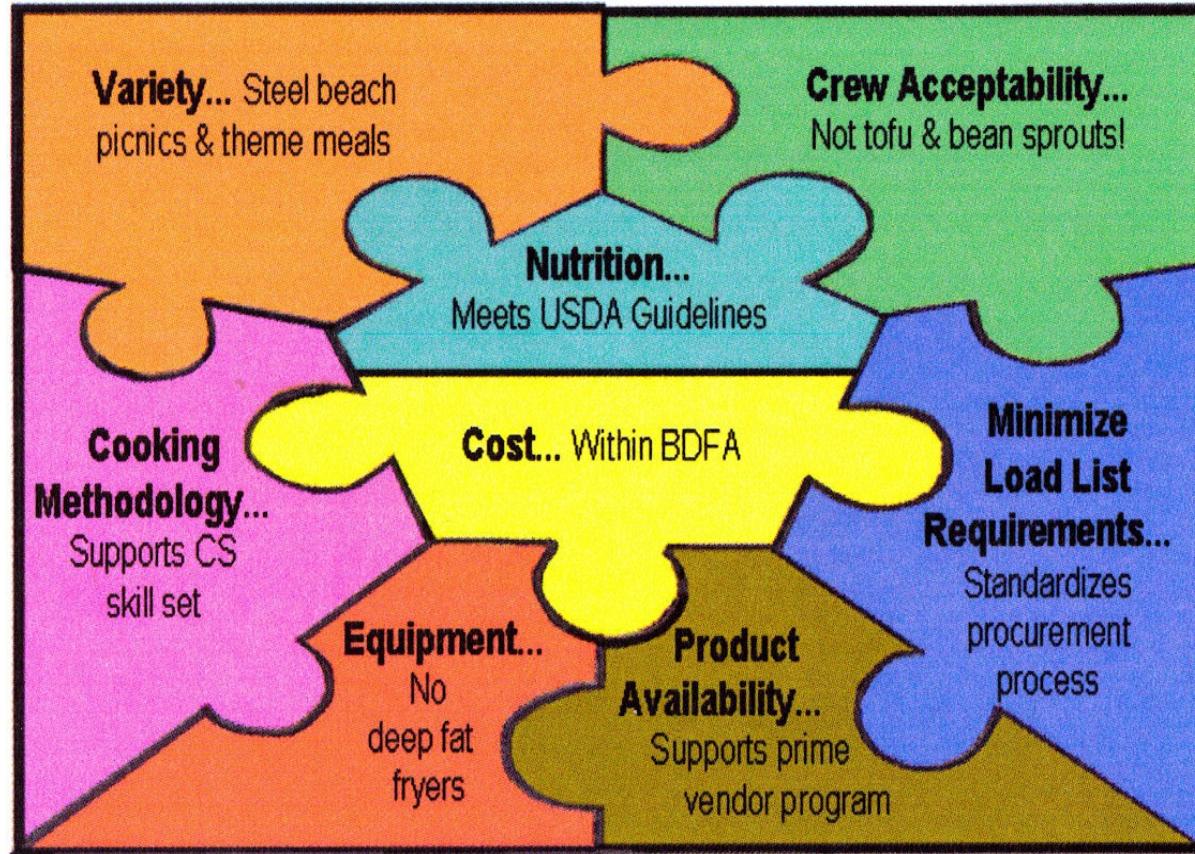
Scratch
Ingredients

\$12

Food Service Facility Design Criteria Est. 1964

Dry 90 days Chill 30 days / Freeze 60 days

PUZZLE PIECES FOR NSCM



NATICK LABS RESEARCH



ITEMS ON THE NSCM

French Fries

Lamb Weston	X14	Generation 7 Concertina Cut, ½ French fry	8915-01-E59-3418
-------------	------------	--	------------------

Potatoes

McCain	O1F00215	Versitots, Tatertots	8915-01-E09-9452
McCain	MCF03725	Harvest Splendor Sweet Potato Fries	8915-01-E60-7220

Seafood

Trident	400209	Battered Butterflied Shrimp	8905-01-E60-7786
Rich Sea Pak	43801	Oven Crunchy Butterfly Shrimp	8905-01-E60-5150
Mrs. Fridays	73550	Oven Ready Crab Cakes	8905-01-E09-4396

Vegetables

McCain	40003495	Moore's Bakeable Breaded Onion Rings	8915-01-E59-8957
McCain	50010145	Anchor Battered Cauliflower	8915-01-E09-8314

Chicken

Pierce	SC115	Super Chik'N, Fried Chicken	8905-01-E59-5537
Perdue	80946	Battered Crunchy Style Precooked Chicken	8905-01-E60-2467

MCDONALDS VS. LAMB WESTON

Nutrition Information	McDonald's Small French fries	Lamb Weston Generation 7 Fries
Portion Size	2.6 oz	2.6 oz
Calories	250	147
Total fat, grams	13	5.2
Saturated Fat, grams	3.5	0
Trans Fat, grams	3.5	0



VARIETY WITHIN (NSCM)

- 84 different entrees
- 42 different soups
- Theme meals
- 41 item salad bar
- Wednesday Lunch - Burgers
- Saturday Dinner - Pizza
- Sunday Lunch/Dinner - Seafood
- Breakfast sandwiches
- Protein salads (beans/animal protein)
- Portion Size through DSCP product specification
- Refresh annually



HEALTHIER INGREDIENTS

- Low fat dairy items
- Regular and low fat salad dressings
- Low fat cake mix
- Baked chips
- Ovenable vegetables vs. fried
- Working to eliminate sodas



BENEFITS OF NSCM

- Written by team of NAVSUP RD, Chef, retired NAVY with total of 80 years culinary experience, Natick Lab scientists, and Fleet input
- Guaranteed nutritional focus, healthier ingredients
- Standardized procurement
- Reduced cargo... streamline catalogs to ensure availability and consistency of product
- SIK Account... improved financial management

